

**“Who said life shouldn’t
be a walk in the park.”**

**February is
American Heart Month**

Heart disease is the leading cause of death in Missouri and a major cause of disability. Since 1963, Congress has required the president to proclaim February “American Heart Month.” Missouri has made progress in reducing heart disease, but it continues to take a toll on our state.

A number of factors can put you at risk for heart disease such as age, gender, race, ethnicity and family history. However, you can make changes to help lower your risk of having a heart attack and live a healthier life.

- ☑ take your medicine as prescribed if you have high blood pressure, high cholesterol or diabetes
- ☑ be physically active at least 30 minutes a day most days of the week
- ☑ eat a well-balanced diet that includes plenty of fruits and vegetables, whole grains and lean meat; avoid foods that are high in fat, sugar and salt
- ☑ maintain a healthy weight
- ☑ be tobacco free

**Visit your health care provider on a regular basis to
monitor any changes in your condition.
Live Like Your Life Depends On It.**

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